

perpendicular against the fifth horizontal. You get Pingala.

You should master the five laws of Ida and Pingala and should be able to read the chart.

Utility of Swarasastra :

The mariner keeps his compass before him always to steer his ship. In the same way you should keep this chart always before you to find out which way you are drifting. Find out whether your breathing corresponds with the scheduled mode of breathing as shown in the chart. If it tallies with it, it is well and good. Nothing bad will happen to you. But if it is contrary to it, you may take it for granted that some mishap will overtake you. The utility of this secret science of breathing lies in this. You can easily avert the impending mishap or danger by controlling your nadi. I shall give you the different methods of changing the wrong nadi and inducing the required correct nadi which corresponds with that of the chart at any given time. But before dealing with it, I shall deal with another aspect of Swarasastra.

Actions and their Relations with the Nadies :

The success or otherwise of your actions depends on how you begin them. Every action has its suitable nadi and if that particular act is begun and done in that nadi you can be cocksure of your success. This is the most interesting and the most useful aspect of this science.

Actions to be performed while ida is playing.

- (1) All permanent and public works (Sthira Karmas).
- (2) Decoration or adornment of a person or a place (Alankarana).

If you begin your toilet in your left nadi, you will surely cut a good figure at the functions which you are going to attend. You will not be obsessed with a sense of

your own ugliness. You will be thoroughly satisfied with the combing of your crop and tying of your necktie on which your mood generally depends. Film actors and actresses should observe this rule and if they begin their makeup in their left nadi they will soon reach stardom. If the shop-keeper begins his window-dressing in his left nadi, he will have good business. As every body has got to put up some show in his own way, this rule has got universal utility and application.

(3) Long Journey. Always start in your left nadi. Nowhere does man reveal himself in his truer and blacker colours than in a railway compartment wherein he drops off completely all social instincts of chivalry, etiquette, courtesy and fellowship. Nowadays one must be an acrobat or an athlete or a circus chap to be able to scale that moving fortress of a railway compartment against the armed might of a whole band of brutes and the physical culture is never better appreciated. Death due to suffocation is a common accident in a railway compartment. In the course of your journey you are always faced with a grim prospect of some accident from an air-crash to a rickshaw clash. You think it a fluke, if you reach your destination safe. You must have started in your left nadi without knowing it. One can make a rule of a fluke by always starting on one's journey in one's left nadi. Herein lies the secret of a successful journey.

(4) Entrance into a holy place or hermitage (Asrama Alaya Prevesam.)

(5) Construction of building or a palace (Griha Nirmanam.)

(6) Construction of a compound wall.

(7) Digging of wells, tanks, canals, construction of dams, reservoirs and big projects. All engineers and the Public Works Department : - from the Monarch or Minister